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Your essential daily news | MONDAY, MARCH 7, 2016

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The Oilers' Connor McDavid is stopped by Winnipeg Jets goalie Ondrej Pavelec on Sunday.

THE CANADIAN PRESS/TREVOR HAGAN

REMATCH HEADS OUTSIDE

metroSPORTS

Oilers top Jets 2-1;
both teams picked to
play in next season's
Heritage Classic

RCMP safety rules breached

ST. ALBERT

Radio system failed Mounties in fatal shooting: Workplace probe

A workplace investigation that followed the shooting of two Mounties in St. Albert last year says the RCMP contravened Canada Labour Code health and safety rules.

Const. David Wynn and auxiliary Const. Derek Bond were shot on Jan. 17, 2015, during a struggle with a suspected car thief in a St. Albert casino. Wynn died a few days later.

A review of the St. Albert RCMP detachment by federal Labour Department investigators says the portable radios assigned to Wynn and Bond failed to transmit and receive inside the casino and that a radio in a police cruiser could not transmit or receive from the officers.

It also determined that Bond's actions that day appear to have exceeded the expected duties of an auxiliary RCMP officer.

Last October, Bradley Tetarenko, a health and safety officer, issued a "direction" to the RCMP to fix the contraventions by Nov. 13, 2015, and to ensure that they don't happen again.

"The said official delegated by the Minister of Labour is of the opinion that the following provisions of the Canada Labour Code have been contravened," reads the order obtained by The Canadian Press from Occupational Health and Safety Tribunal Canada.

The direction document orders the RCMP to ensure that equipment used by employees is safe under all conditions of its intended use. It also directs the RCMP to identify, assess and take measures to prevent hazards associated with its communications system.

The direction order was sent in October to Deputy Commissioner Marianne Ryan, commanding officer of RCMP in Alberta.

A month later the RCMP filed an appeal of the direction, which has not yet been heard.

RCMP national headquarters staff declined to comment on the appeal.

THE CANADIAN PRESS

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The proposed Galleria would have four theatres and become home to several U of A departments. CONTRIBUTED

City backs Galleria

DEVELOPMENT

Province slower to get behind project



Ryan Tumilty
Metro | Edmonton

Edmonton's proposed Galleria project now has a deal in writing with the City of Edmonton, but support from the provincial government seems much less likely.

On Thursday, the foundation

backing the Galleria signed a memorandum of understanding with the city, detailing who will pay for what if the project is built.

The memorandum explains the city will contribute \$58.3 million toward the Galleria — \$42.5 million for land, \$8.3 million for transferring the Edmonton Reuse Centre and closing a road, and up to \$7.5 million for the \$30-million pedway connection to the LRT.

Central to the idea's success is a plan to move several faculties from the University of Alberta downtown into the new

complex, which the province would have to agree to support.

Newly appointed minister Marlin Schmidt said the Galleria is not a top priority.

"We need to be conscious of the current economic reality and focus on the pressing needs of institutions province-wide," said Schmidt. "When it comes to the government's priorities for capital spending this year, the Galleria project isn't on our list."

Galleria foundation spokesman Godfrey Huybrechts said having the city officially sign onto the project is important

for attracting other funders.

"One of the things certainly for other people that we're approaching for funding, is to have absolute confidence the city is 100 per cent behind us and this written agreement provides that," he said.

Huybrechts said the University of Alberta could best answer whether the complex is a "pressing" need, but believes the schools wants to see the project take place.

"I know they have indicated that it's a top capital priority for them."

FILES FROM TIM QUERENGESSER/METRO

SPECIAL NEEDS EDUCATION

Schools frustrate autistic boy's mom



Sanam Islam
Metro | Edmonton

The mother of an autistic student says police were almost called after the boy started yelling and banging on doors before running out of his school.

The mother's comments come following Metro's report last week about a principal who threatened to call the police on a severely autistic child who hit another student.

Lesia (whose last name we won't reveal to protect her son's identity), wrote to Metro with her frustrations.

"The (kids) are acting out of stress, anxiety, fear and an inability to communicate. It's a failure on the part of the schools that their needs were not met and it gets to that level," she said.

Lesia said her 14-year-old son — a former honours student who also suffers from severe anxiety — has been unable to attend school for a year and a half, following a breakdown.

She said both the Catholic and public school system have said they can't provide a long-term teaching aide to work with him.

Part of it, she believes, comes down to his case not being seen as "severe" enough.

"Throughout his schooling, we've been continually told they did not consider him priority because other kids were struggling academically, but he wasn't."

Mark Ramsankar, president of the Alberta Teachers' Association, said oversized classrooms

mean the inclusion model in Alberta has made it "very difficult" to meet the complex needs of special needs children.

"It puts a lot of pressure on a teacher," he said.

The biggest challenges, he said, are a lack of time to work individually with children and a lack of resources, including teaching aides.

There is also a shortage of professional development opportunities for teachers to better tackle specific needs, Ramsankar said.



It's a failure on the part of the schools that their needs were not met.

Lesia, mom of 14-year-old

While "chronic underfunding" has been a long-standing issue, Ramsankar said he welcomes the Alberta government's recent efforts.

This school year, an additional 740 teachers were hired and 800 support staff were retained in response to 16,000 new students starting school in Alberta last year.

The government also increased funding for inclusive education — which can be used to support special needs students and programming — to \$419 million, an increase of \$11 million from the 2014-15 budget.

But it's up to each school to decide how to use funds, says Larissa Liepins, press secretary for the Minister of Education.

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ANTHROPOLOGY

Bond between humans, dogs is ancient, says researcher

Alex Boyd
Metro | Edmonton

The close bond between human and dog has deep roots — thousands of years in fact, according to a University of Alberta researcher.

In an ancient community near Lake Baikal, in Siberia, anthropologist Rob Losey found a man believed to be about 5,000 to 8,000 years old buried in the same grave as his two dogs, one on either side.

"The dogs (in the community) were buried just as people were — in the same places, with the same sort of objects," Losey said. "This really indicates to me a close, personal and emotional relationship with the dogs ... these people knew them to have afterlives like their own."

Modern dogs are believed to be descended from the Eurasian



A race team heads out at the ceremonial start of the Iditarod Trail Sled Dog Race in Alaska this past weekend. New research from the University of Alberta shows dogs and humans have been close for thousands of years. NATHANIEL WILDER/REUTERS

grey wolf, after a group broke off to follow humans around before eventually becoming genetically recognizable as a dog about 15,000 years ago.

Losey says that the dogs at

Lake Baikal may have looked much like modern huskies, and genetic evidence suggests many had whiteish coats.

"I'm not sure people saw their dogs at this time as pets, if by

"pet" we mean an animal just kept for companionship. These were animals that almost certainly worked with people on their daily tasks, in hunting, transporting things, protecting the group and so on," he said.

"This is not to say they were also not companions or parts of the family, but they were also 'working' parts of these communities."

Still, Losey was able to use chemical analysis of bones to determine that the dogs were fed the same diet as humans — suggesting Fido may have more experience with table-side begging than we realize.

Losey is now working on a new site in Siberia with the remains of more than 100 ancient dogs. Showing the complexity of the relationship, some of those were buried, but some were also eaten by humans.

But overall, Losey says the number of ancient dog burials worldwide tops cats and even horses, suggesting the special place they occupy in human hearts.

"The history of our working relationship with animals, and our emotional relationships, is what interests me," said Losey.

Edmonton's WEEKLY LOOKAHEAD Daily news forecast

There's so much going on over the next week. Here's a quick look at what will be making the news over the next seven days.

Monday

Councillors will attempt to sort out the issues around urban chickens before they lay any more eggs this week. That follows a pilot program last year that saw a few hiccups.

Administration is recommending an expansion, but wants to create a few more rules for anyone who wants to keep chickens in their backyard. City administration wants a cap on the number of roosts and a requirement that owners get a development permit.

Tuesday

Alberta politics will return with a throne speech on Tuesday as the legislature resumes sitting in what should be an interesting spring session. In addition to whatever legislation the government has planned, the NDP will have to present a budget recognizing the huge drop in oil prices.

The trial for Travis Vader accused in the murders of Lyle



Premier Rachel Notley LARRY MACDOUGAL/THE CANADIAN PRESS

and Marie McCann will get underway on Tuesday. The trial is expected to take several weeks.

Wednesday

City councillors will debate park and ride at LRT stations and transit centres, looking both at where future lots should go and whether people should have to pay to park there.

Friday

Statistics Canada will release its labour report Friday. The last monthly report showed the worst unemployment rate in Alberta in a decade. METRO, WITH FILES FROM THE CANADIAN PRESS

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DON GETTY FORMER PREMIER REMEMBERED AS FAMILY MAN The casket carrying former Alberta premier Don Getty is taken into a church during his state funeral in Edmonton on Saturday. Getty passed away Feb. 26 at the age of 82. The service drew several former premiers and other politicians, including current Premier Rachel Notley, who spoke at the service and said Getty had reached out to her when her own father died. "The compassion they shared with my family in that difficult time has stayed with me," she said. "They knew that family and kindness should always transcend politics." JASON FRANSON/THE CANADIAN PRESS



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TappCar set to launch ridesharing service

TRANSPORTATION

City company says it falls between taxis and Uber



Alex Boyd
Metro | Edmonton

TappCar, the Edmonton-based company that emerged amid the city's efforts to legalize Uber, will officially launch March 14.

Representatives say the new company is somewhere between Uber and a traditional taxi. Vehicles can be summoned using a smartphone app, but the person driving will have a Class 4 commercial licence and commercial insurance.

TappCar was the first commercial company granted a rideshare licence under the



Mohamed Sidahmed is a former driver for Uber who now works for TappCar because of what he says is an increased emphasis on safety. ALEX BOYD/METRO

city's new bylaw, which came into effect Tuesday.

Uber shut down its app when the new regulations kicked in, because a provincial ridesharing insurance policy won't be OK'd until July.

"I think people are interested in our business model because it's a local company that is following all the rules," said TappCar spokesperson Pascal Ryffel.

Ryffel adds that TappCar is

different from competitors because of what drivers receive: They'll work full time and have pension programs and health benefits.

He says TappCar now has hired enough drivers to launch with about 200 vehicles.

One of those is Mohamed Sidahmed, a former Uber driver. He was driving 20 to 30 hours per week for Uber but says he quit and switched to TappCar because of "higher standards" around quality and safety.

"I see the difference that we had to do a criminal check and lots of training and lots of safety," he said. When he started he said he paid about \$150 to upgrade his licence and have a record check completed.

TappCar drivers will also be members of the local Teamsters union.

Ryffel didn't reveal what TappCar fares will be but said they'll be "comparable to both taxis and Uber."

100 YEARS OF SUFFRAGE

Feminist launches women's film fest



Sanam Islam
Metro | Edmonton

It's been a hundred years since women in Alberta got the right to vote, and an Edmonton feminist believes that's worth celebrating.

"Amazing things have certainly happened since Alberta's suffrage, but it's a day for conversation on how far things still have yet to go," said Michelle Brewer, a women's rights activist who is launching Edmonton's first annual women's film festival on International Women's Day.

"Calgary and Edmonton are rated among the worst major cities in Canada to be a woman, and that's serious. Intimate partner violence is a major thing in Alberta, and pay equity as well," Brewer said.

Politically, she said the lack of female representation on city council is also disappointing.

Brewer said she hopes the You Can't Keep a Good Woman Down film festival will provide an avenue for women to

come together to get inspired, mobilized and support each other to make change in the community.

"Women in the feminist movement were really just women like you and me. One of the films from the festival really inspired me when I watched it last year, and I thought my change could be mobilizing other women," Brewer said.

Four films — from Alberta, B.C., the U.S. and the U.K. — related to women's suffrage and missing indigenous women will be shown as part of the three-night festival being held at the Metro Cinema on March 8, 15 and 22.

In addition to film screenings, 16 female authors from Edmonton will hold a panel discussion, local artists will showcase their work, and female activists will speak throughout the festival.

Some of the proceeds will go toward a women's suffrage centennial event, the Institute for the Advancement of Aboriginal Women and the Alberta Muslim Public Affairs Council for its women's initiatives.



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CRIME

Mom found guilty in disabled girl's death

A Toronto mother accused of killing her severely disabled daughter was found guilty of first-degree murder in the girl's death on Sunday.

Cindy Ali, 45, was sentenced to life in prison with no chance of parole for 25 years.

Ali had pleaded not guilty in the death of 16-year-old Cynara, who had cerebral palsy and couldn't walk, talk or feed herself.

Crown prosecutors had argued that after years of being the primary caregiver for the infant-like

Cynara, Ali smothered her daughter with a pillow and created an elaborate story about a home invasion to cover up her crime.

Ali's defence lawyers argued, however, that Cynara was cherished by her mother and died either after seizures that might have been triggered by the alleged home invasion, or from a lung infection.

"I expect we will have instructions from Cindy Ali and her family to proceed with an appeal," Ali's defence lawyer Christopher Hicks said outside court following the verdict.

Cynara was pulled off life support in a Toronto hospital in February 2011, two days after emergency personnel responding to a 911 call about a home invasion found her without vital signs.

An autopsy found Cynara's immediate cause of death was a brain injury from deprivation of oxygen, which was caused by cardiac arrest. That cardiac arrest, court heard, could have been caused by suffocation.

A pathologist called by Ali's defence lawyer testified he found "no physical evidence" of smothering in the case, but noted he also could not entirely rule it out as a possibility.



Cynara Ali. CONTRIBUTED

TOLERANCE

Call to action against racism

A Vancouver-area radio DJ wants people across Canada to raise their hands — figuratively and literally — against racism this month.

Shushma Datt, founder and host of Spice Radio, immigrated to Canada in the early 1970s: "I went to many stations and was not accepted," Datt told Metro, adding she eventually landed a gig in ethnic media.

Since then, despite the initial career struggles she

attributes to race, Datt has launched a sub carrier radio station and has put Spice Radio on the map.

Last year's inaugural event was a huge success, Datt said. "It was so popular we had calls coming in as far as England and Germany, even India and Pakistan."

TEREZA
VERENCA/
FOR METRO



Shushma Datt
JENNIFER GAUTHIER/
FOR METRO



U.S. President Barack Obama and Prime Minister Justin Trudeau are seen at a bilateral meeting at the Asia-Pacific Economic Cooperation summit in the Philippines in November last year. **Trudeau will visit the White House, speak to a women's group in New York and attend a nuclear summit in Washington throughout March.** THE ASSOCIATED PRESS

Trudeau's U.S. trip a statelty throwback

POLITICS

PM channels former prime minister with 3 visits in March

This month will feel like a blast to a long-lost past where Canadian prime ministers visited the United States frequently and received considerable attention while doing so.

Prime Minister Justin Trudeau will be in the U.S. three times this month: for a state-level visit to the White House this week, to speak to a women's group in New York the following week and for an international nuclear

summit in Washington at the end of the month.

The number of visits in such a short period and the level of attention they're expected to garner will have a bit of a Mackenzie King feel to them.

Newspapermen would crowd into the Canadian embassy and write lengthy stories even when the famously tight-lipped King had nothing to say during his several-times-a-year visits to his buddy Franklin Roosevelt.

"It's only to be expected that when one of the capital's favourite visiting statesmen comes to town he will be wined, dined and fêted," a 1942 society column in the Washington Post wrote.

The trips became less familiar and less frequent after the

Second World War.

Lester Pearson visited a few times in a short span. He was on the front page of the New York Times and Washington Post, smiling with John F. Kennedy at the family compound in Cape Cod.

His next visits were tinged with tragedy following the death of Kennedy, and he was at odds with Lyndon B. Johnson.

There's a more relevant precedent for the attention on Trudeau: his dad.

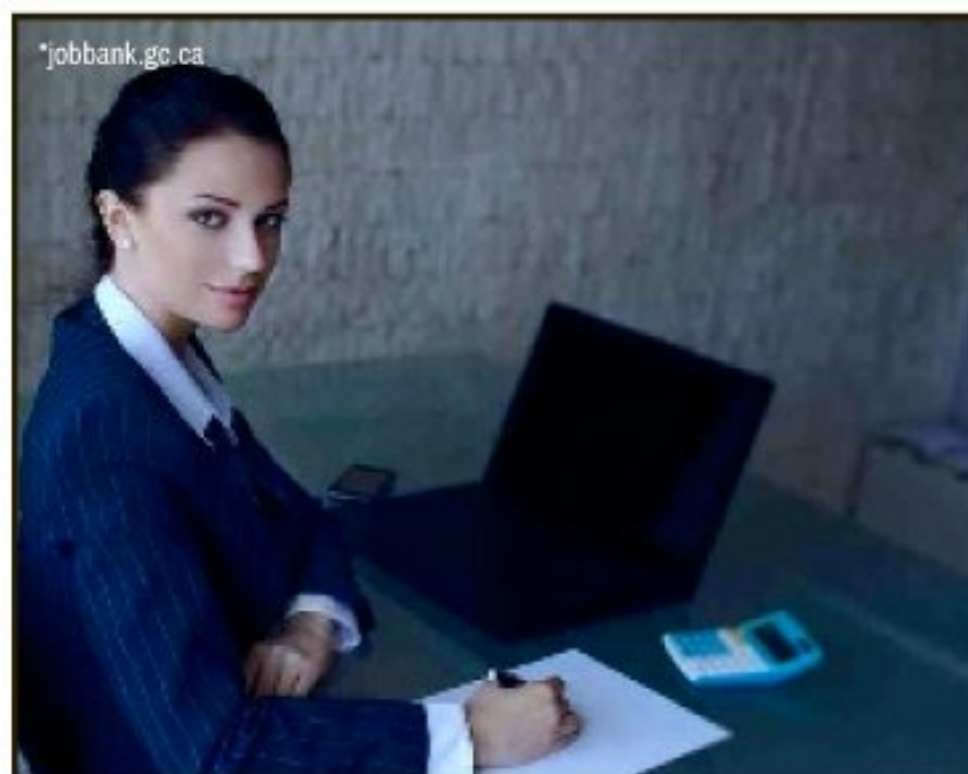
"A world which seldom spares a thought for Canada and Canadians is suddenly interested in Pierre Elliott Trudeau as the most improbable of prime ministers," began a 1969 profile in the Washington Post.

Trudeau infuriated Americans

+ OPPORTUNITY

Obama White House veteran Brett Bruen said Trudeau could capitalize by doing more unconventional media. "Establish him as an American celebrity ... That's one of the unique opportunities offered by his prime ministership," Bruen said.

by ordering a reduction in oil exports to the U.S. by nearly one-quarter during the 1970s oil shock. On one visit, he was warned by a famous lawmaker that this would cause an "ugly relationship."



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Women fear being seen

AFGHANISTAN

UN agency to black out pics on website to highlight plight

A United Nations agency in Afghanistan plans to stop publishing photographs on its website to highlight the plight of Afghan women ahead of International Women's Day on March 8, a UN official said on Sunday.

The move aims to bring attention to the fear many Afghan women have of the potential consequences of appearing in public or having their photographs published, said Rob Few, chief of communications for the UN Development Program in Kabul.

Photographs already on the UNDP's Afghanistan website would be blacked out starting Sunday, and replaced with the hashtag #WhereAreTheWomen, Few said.

Few said the UNDP's decision came after an Afghan

woman helped by the agency to escape an abusive forced marriage said she was too afraid to have her photo published alongside a report about her experience.

"Walk down any street, or into any government office, or into any hospital, police station, business or university, and you have to ask yourself, 'Where are the women?'" Few said.

The post-2001 constitution protects women from violence and discrimination.

But after more than 30 years of conflict, Afghan society has largely retreated into religious conservatism that has seen more women, even in the capital Kabul, wearing the burqa and the niqab full-face veil for fear of a Taliban return.

President Ashraf Ghani has pledged that women's rights will not be eroded in exchange for peace with the Taliban. Face-to-face talks that were expected to take place early this month appear to be in jeopardy after the Taliban issued a statement Saturday saying they would not participate.

THE ASSOCIATED PRESS



The UN Development Program in Kabul plans to stop publishing photographs of women on its website to highlight the plight of Afghan women ahead of International Women's Day on March 8, a UN official said on Sunday. SCREENGRAB

UNITED STATES

Nancy Reagan, 94, dies

Nancy Reagan, helpmate, backstage adviser and fierce protector of Ronald Reagan in his journey from actor to U.S. president — and finally during his 10-year battle with Alzheimer's disease — has died. She was 94.

The former first lady died Sunday at her home in Bel-Air, Calif., of congestive heart failure.

When she swept into the White House in 1981, the former Hollywood actress partial to designer gowns and pricey china was widely dismissed as a pre-feminist throwback. She maintained that her only mission was to back her "Ronnie" and strengthen his presidency.

THE ASSOCIATED PRESS



Ronald and Nancy Reagan
AFP/GETTY IMAGES



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REFUGEE CRISIS

Migrants drown as Macedonia cuts flow

At least 25 people drowned off the Turkish coast while trying to reach Greece on Sunday, while Macedonian authorities imposed further restrictions on refugees trying to cross the Greek border.

The Turkish coast guard launched a search-and-rescue mission for other migrants believed to be missing from the accident, the state-run Anadolu Agency reported, and rescued 15 off the Aegean Sea resort of Didim, it added. The dead included three children, according to private Dogan news agency.

Meanwhile, Greek police officials said Macedonian authorities are allowing only those from cities they consider to be affected by war to cross the Idomeni

border crossing from Greece. That means people from cities such as Aleppo in Syria, for example, can enter, but those from the Syrian capital of Damascus or the Iraqi capital of Baghdad are being stopped.

The two officials spoke on condition of anonymity because they weren't authorized to speak on the record. A UN refugee agency official in Macedonia confirmed the new restrictions, and criticized the decision.

"This is not all right," said Ljubinka Brasnarska, UNHCR senior external relations assistant in Macedonia, told the AP. "Everybody from Syria who came needs international protection."

THE ASSOCIATED PRESS



A man carries his baby as refugees wait near the Greek-Macedonian border in the Greek village of Idomeni, where thousands of refugees and migrants wait to cross the border into Macedonia. AFP/GETTY IMAGES

IN BRIEF

U.S. schools crack down on bullying of Muslim students

In response to a surge in reports of anti-Muslim bullying — students being called terrorists, having their head scarves ripped off and facing bias even from teachers — U.S. schools are expanding efforts deployed in the past to help protect gays, racial minorities and other marginalized groups.

While stressing that students have rights under the law, and that offences should be reported, speakers at schools and mosques have also discussed how to create an inclusive culture, how Muslims are scapegoated for attacks and how non-Muslims can be allies to their peers.

THE ASSOCIATED PRESS

More flight debris found

Johny Begue, the man who found a fragment of the Malaysia Airlines Flight 370 that disappeared two years ago, has found more debris on the island of Reunion.

He turned it in to police. Begue found a fragment known as a flaperon on July 29 that investigators identified as part of the jet that disappeared with 239 people March 8, 2014.

THE ASSOCIATED PRESS



Peeple, a controversial app that was initially called the most hated app in the world, is coming out in a watered-down form. CONTRIBUTED

Peeple rating app finally set to launch

CONTROVERSY

Founders forced to make changes after online furor

It was reviled as the most hated app in the world, and that was before it actually existed. Now people will get a chance to judge Peeple, as it is set to become available for download on Apple's App Store on Monday. Last October, when its creators first unveiled Peeple, which is best described as a "Yelp for Humans," it managed to do the unthinkable and unite public opinion online. The only problem was that the sentiment was almost entirely negative.

The ensuing online media firestorm had co-founders, Julia Cordray and Nicole McCullough, shamed on every existing social network, doxxed (their personal information put online) and made the target of personal threats. They retreated from most online platforms, but did post that they were listening to the criticisms, and would be changing the most contentious things about the app before launch.

That day has arrived as they prepare for the world to judge their product. Cordray, the Calgary-based CEO, says there are four main changes to the app:

1. Users have to join the app to participate. You must use your Facebook profile (which has to be older than six months) to log-in and provide your phone number. Initially, anybody could create a profile of another person, if they had that other person's email and phone number.

2. The app scrapped a five-

star rating system, and instead created a Peeple number, which is the total number of online recommendations in each of three areas you can be judged in the app: professional, personal and dating.

3. Users now have full control of what is published on their profile. Originally, positive comments would go live



Canadian Julia Cordray, right, and her U.S. business partner Nicole McCullough, creators of the Peeple app. CONTRIBUTED

immediately, but lower or negative appraisals would stay private for 48 hours, as users were supposed to negotiate to improve that rating before it went public.

4. The ability to deactivate an account at any time. Initially, Peeple planned to have no way to opt out.

TORSTAR NEWS SERVICE

RECREATION

Drones a growing pastime

They sound like big mechanical bees. But the constant buzz at the indoor Sportsplex2 in Vaughan, Ont., came from small unmanned aerial vehicles (UAVs), or drones.

Some of the machines flying were small enough to rest on the palm of your hand — a DJI Inspire looks large enough to transport a chihuahua. Devices flown Saturday night ranged in price from less than \$100 to as much as \$4,000 plus.

In rapidly increasing numbers, people are spending that kind of money (plus a considerable amount of assembly and flight time) on one of the fastest growing pastimes around: drone racing.

And for pilots who hone their skills to the max, there are shots at both fame and fortune. Last year, the inaugural U.S. Drone Nationals were



People are spending a lot of money (plus a considerable amount of assembly and flight time) on one of the fastest growing pastimes around: drone racing. TORSTAR NEWS SERVICE

held in San Diego, and a major indoor competition took place in Ontario earlier this year.

The appeal isn't just prestige. Though the first competitions began with modest purses and prizes offered

by manufacturers, the ante has been upped considerably. There is now an International Drone Racing Association, offering a top prize of \$250,000 US in the World Drone Prix.

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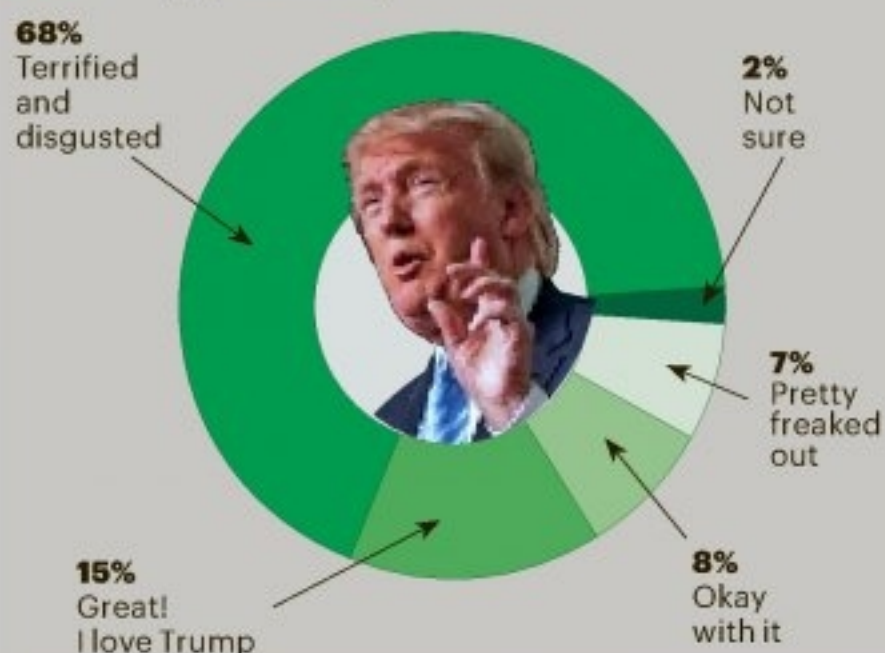
ZOOMING IN
Biologists have shown that Zika virus kills and disrupts cells of the brain's outer layer, explaining how it may be causing birth defects.

MONDAY METRO POLL

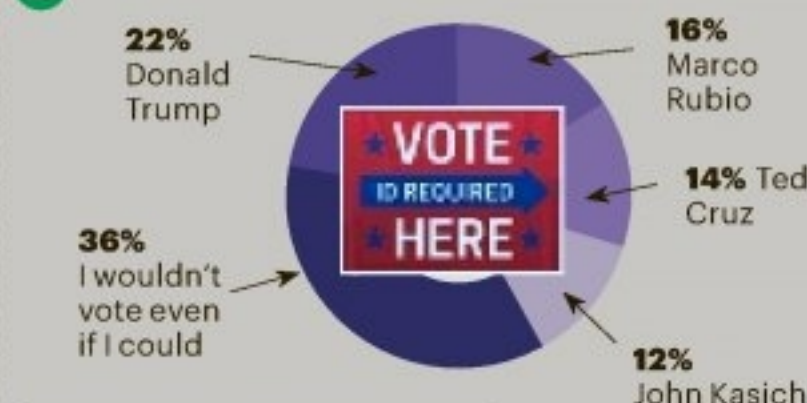
Should the U.S. dump Trump?

He's brash, he's bombastic, he's a billionaire — and he very well could become the next President of the United States. Donald Trump appears close to clinching the Republican nomination, and that has many people jumpy (and others jumping for joy). We asked our readers if they're happy about a potential Trump administration, or if they were hoping never to hear those two words together.

1 How do you feel about the prospect of a Donald Trump presidency?



2 Who would you vote for in the Republican primary?



WE ASKED Metro readers

Trump is a joke that went too far. This man with the keys to nuclear weapons is a terrifying thought.

I'm concerned all of the U.S. has gone koo koo bananas!

If Donald Trump takes office, he will create an atmosphere of hate and intolerance.

The U.S. doesn't need another Clinton in the White House. Trump may be more presidential than you think.

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ROSEMARY WESTWOOD

metroview



The Trump campaign looks, quite simply, a lot like America

So far, the Republican presidential primary has been described as a schoolyard, a circus, a joke, a nightmare, a problem to be fixed, a slow-motion train wreck, the beginning of the end of the Republican Party, the beginning of a new kind of political party.

But for those of us seated comfortably on the outside, it has looked, simply, a lot like America.

Those flabbergasted by The Donald's seeming supremacy thus far — I understand. They see things changing dramatically before their eyes, and it scares the hell out of them.

But what, really, is changing? It is not American culture, which birthed Trump, and which often seems to prize individual wealth and fame above all else. What is changing is American politics, insofar as it is reflecting the broader zeitgeist.

In Trump's words on Thursday, before he called Mitt Romney "irrelevant" and spent the next 30 minutes berating him: "This is not a plateau, this is a movement. We have a movement going on, folks."

Indeed. What is Donald Trump if not the inevitable progeny of American popular culture, and the logical end to it? In 2012, one study found that 10- to 12-year-old American kids wanted, above all, to be famous when they grow up, and that they wanted the fame for its own sake, though

surely wouldn't mind the money. As an American friend and I joke, in Canada, people say, "If I was rich..." and in the U.S., it's, "When I'm rich..."

Trump's outsized everything — bombast, ego, tanning regime, verbiage, so-called "policies," insults, outrage — is politics, supersized, just like the cliché American diet.

This is not to say that Trump is not disturbing. Like many, I've been guzzling Trump think-pieces like Pepto-Bismol, but nothing calmed that burning feeling in the pit of my stomach until a recent Vox article. It equates Trump-love with authoritarianism, and illuminates the existence of a distinct voter in the U.S. — the authoritarian. A person who prizes order and conformity above all else. A person who approves of Trump's regressive slogan and his alpha male persona, which promises to strong-arm the country into submission.

The article describes how a variety of factors, including decades of fear-mongering from right-wing media, the collapse of the middle class and dramatic social change like same-sex marriage have combined to trigger authoritarian tendencies in enough Americans to make The Donald credible.

In other words: Trump is suited exactly to his time and place, in the good old U.S. of A.

LGBTQ kids need more protection than others

URBAN PARADIS

Danielle Paradis



I'm neither a parent nor transgender, but I did grow up bisexual in a Catholic family where homosexuality wasn't met with loving understanding.

While my experiences aren't everyone's, they weren't positive — and from that I know the vulnerability children face in a world that doesn't accept LGBTQ people.

Which brings us to the idea of protection in Alberta's schools and the ongoing battle over LGBTQ policies.

On March 1, a campaign called #ProtectABKids started trending in Alberta on Twitter.

The campaign was a response to the Alberta government's mandate for schools to create LGBTQ policies by March 31 following its guide-

lines.

A sampling of the tweets includes 'Respect ALL diversity!'; 'Safety for ALL students must be a priority!'

What came to my mind from this was the blowback to the Black Lives Matter movement: an obstinate, tone-deaf insistence to ignore historical injustice of one marginalized, racialized community and say "All lives Matter."

Much like the black community, the LGBTQ community has specific issues that come from a history of oppression, bigotry and violence. A push for equality in these cases sometimes means special protections.

But there are parents' groups that feel their concerns are going unaddressed.

Donna Trimble, executive director for Parents for Choice in Education, signed on to the campaign with some reluctance. "It's a really tough thing to approach because you end

up being labelled," she says.

Parents for Choice in Education say their primary concern with the government's LGBTQ guidelines is what they call a stripping of parental rights. The new guidelines say educators should seek advance permission from the student before they disclose kids' gender identity or sexual orientation to their parent.

Trimble argues vulnerable children are already protected through a hotline teachers must call if they feel that a child does not have a safe home environment.

But do these measures help?

LGBTQ youth are at higher risk of self-harm, depression, sexual violence and substance abuse. And within this group, transgender people fare the worst, as they're subjected to discrimination that can make finding employment difficult.

Still, it wasn't easy to dismiss Trimble's concerns.

While a great deal of mis-

information has been spread about the government's guidelines, Trimble is concerned about the top-down approach to policy development and school resources for counseling. Those seem fair to me.

The push back against the #ProtectABKids campaign was forceful. It had to be when so many of the objections are ill-informed and based on fear of LGBTQ people.

On the other hand, the concerns from parents' groups can't completely be disregarded. Where the campaign fell apart for me was its rhetoric about safety for all students. It ignores that some groups are at more risk. Policies are a Band-Aid solution to a social problem, but right now in Alberta, they're needed to protect LGBTQ children.

Danielle Paradis loves Edmonton, politics and flowcharts. She tweets @DaniParadis.

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Like Beyoncé sings, "best revenge is your paper." **Metro's finance guru Lesley-Anne Scorgie** has only five more weeks to break Annick and Yolanda of any bad financial habits and to build a budget for their future.

Budgeting for Beyoncé



LESLEY-ANNE SCORGIE
metromoney

THE CHALLENGE: At the start of January Metro's financial guru Lesley-Anne Scorgie started performing a financial makeover on two young women. Annick, a Calgary-based 24-year-old, and Yolanda, a Mississauga-based 27-year-old, have just 12 weeks to get their financial houses in order and drastically improve their net worth (assets minus liabilities). Follow along @LesleyScorgie #MetroMoneyMakeover to see their progress.

THIS WEEK: "What-if" expenses can throw you off budget and Annick must build up a financial buffer to weather these infrequent cash-crunches. Should these emergency funds be used for wants as well as needs?

NEXT WEEK: Yolanda's frugality is really paying off. She's up to \$600 per month in savings (outside of her pension) for her down payment. Can she afford to continue her generous donations to sponsor two children and tithe to her place of worship? Stay tuned.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE



Annick spent \$322 on a ticket to see Beyoncé in May, but she's promised to downgrade her seats if she misses the mark on her ambitious debt repayment plan. GETTY IMAGES; JENNIFER FRIESEN/FOR METRO

THE SITUATION

Even if Michael Jackson came back from the dead, Annick wouldn't pay as much to see him perform as she has to watch Beyoncé in Edmonton this May. Tickets went on sale two weeks ago and Annick, plus one friend, jumped on presale seats for a whopping \$322 a piece. What? I get it. Beyoncé is killer in concert and Annick needs to reward herself every so often. But would \$200 tickets have

done the trick?

The price of Annick's Beyoncé ticket is equivalent to 11 per cent of her outstanding consumer debt. In Annick's 60/60/60 debt reduction plan, where she eliminates one of her consumer debts every 60 days, she's earmarked \$950 in March towards debt repayment.

We ran the numbers and Annick needs to pick up extra shifts at her part-time job (she also has a regular full-time gig)



Annick, 24,
Calgary, Alta.

NET WORTH:
\$ -\$60,750

NET WORTH

THE PROGRESS

Since starting the Metro Money Makeover in January, Annick has added \$1,700 to her net worth by reducing her debt and starting to save for retirement in her group RRSP through work.

Assets

RRSP \$600
Total assets: \$600

Liabilities

Student loan \$58,500
Visa \$1,400
MasterCard \$500
Other loans \$950
Total liabilities: \$61,350

Net worth
(\$60,750)

scenarios.

You simply open a separate account from the one your paycheque gets deposited into, and contribute in regular automatic intervals such as \$25 bi-weekly. That way, when trips to Miami or encounters with Beyoncé pop up, you can afford the purchase and shed any overspending guilt.

Annick requires two financial buffer accounts; the first is for fun splurges and she'll start contributing \$20 per paycheque into a high-interest savings account for that. The second, is an emergency fund that she'll build within her TFSA by contributing \$25 bi-weekly.

Having both will ensure her "what-if" needs and wants are covered. When she's consumer debt-free this July, she can amp up her contributions to both.

this month to afford both Beyoncé and this month's debt payments.

Over a virtual Skype handshake last week, Annick and I agreed that if she hasn't made her target for debt repayment by March 15, she'll trade in her premium Beyoncé tickets for the nosebleed seats. I think she can do it!

THE LESSON

Even the most frugal and fi-

nancially dedicated people still need fun and entertainment in their life. Otherwise, they'll end up with bags of money, flaky friends and lonely. The key however, is to strike a balance — a.k.a. frugal rewards that fill your soul, not drain your bank account.

One of the most effective approaches to frugal rewards is to build up a financial buffer. It's similar to building emergency funds for legit "what-if"

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Have cramps? Take the day off

HEALTH

U.K. company's planned period policy sparks debate

Sick days are standard in most organizations, but a British company may soon allow its female employees leave to cope with a specific ailment: period pain.

Bristol-based community hub Coexist is aiming to develop a "period policy" which could potentially include allowing women time off during menstruation. Coexist is hosting a Pioneering Period Policy event slated for March 15.

"The purpose of this policy initiative is to create a positive approach to menstruation and the menstrual cycle that empowers women and men and supports the effectiveness and well-being of the organization," reads a portion of the event overview.

Coexist looks to potentially follow the path blazed by countries where menstrual leave has been enshrined in law.

Japan enacted menstruation leave in 1947. In Taiwan, female workers "having difficulties" working during menstruation can request a one-day leave each month. South Korea also offers paid menstrual leave.

In an emailed statement, Nike said workers at contract factories manufacturing for the sportswear giant are provided menstrual leave in countries where



A 2005 Canadian study found 51 per cent of 934 women reported their activities had been limited due to cramping during menstruation. iStock

this benefit is protected under local law. However, the company doesn't have a formal menstrual leave policy. A 2005 Canadian study looking at the prevalence of women with primary dysmenorrhea — recurrent pain and cramping during menstruation — found that severe symptoms could notably impact their daily lives. Among 934 women with the condition, researchers said 51 per cent reported that their activities had been limited, and 17 per cent reported missing school or work.

"There's a significant amount of women that have some pain with their periods, and in a portion of those women it is quite unmanageable," said Dr. Catherine Allaire, medical director of the B.C. Women's Centre for Pelvic Pain and Endometriosis.

Allaire said some women can be bedridden as a result of severe discomfort, which can also be a symptom of endometriosis — a painful condition where the tissue lining the uterus grows outside the organ. "There's a discomfort in discussing private problems of that sort," said Allaire. "It's also not a cancer or anything deadly, so it's not something that people understand can cause so much disability."

Toronto-based human resources specialist Lisa Kay said the introduction of menstrual leave has the potential to raise positive and negative issues in the workplace.

"From the employee's perspective, it certainly is nice to know that your employer appreciates that this is a challenging time for women, and would support a woman taking this time off if necessary. But I do think it's awkward for a woman to approach a male employer," said Kay, president and lead consultant of Peak Performance Human Resources. "There would need to be resources in place or support systems in place to make it feasible for women to take advantage of this."

From an HR perspective, Kay expressed concerns over instituting a policy that would benefit a portion of the company's workforce. "It really only represents a small demographic of employees who suffer from this particular ailment and it impacts their work. There's thousands of other things," said Kay.

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PERSONAL FINANCE

If you're freeloading at home, it's time to grow up and start paying rent

Gail Vaz-Oxlade
For Metro Canada



I am constantly amazed at the number of people I meet who, as working adults living with their parents, pay no rent. Some of you are making a damn fine living. And you're spending. But, for whatever reason, your parents don't think you need to be paying rent. And neither do you.

If you're one of those people — or one of those parents — it's time to get real.

When adult children live at home, work, and pay no rent, they are learning to live on a disposable income they will never again have in their lives. Even if the reason they are living at home is to pay off debt, not contributing to the household in which they live keeps them in the mindset of children.

You can hardly expect to be treated like an adult if you do not assume the responsibilities of an adult. And what will happen when you finally do move out? (You do want to eventually move out, don't you?) How will you have any sense of what it costs to live a real life if you've allowed yourself to be sheltered from reality well into adulthood?

I've seen it again and again. Jack and Diane both lived at

home before they married. They had lots of money for concerts, shopping, snappy clothes and eating out. Now they're married. Having saved a down payment — that's a good thing, right? — they bought a home. But Diane can't sleep at night because of the bills piling up. And Jack thinks he's going to be trapped in his house for the rest of his life because he doesn't have any extra money now that he's king of his castle.

If you have parents who say, "I can't take money from my kids," that's no excuse.

If you were living on your own, you'd easily be spending 35 per cent of your income on housing, never mind food. So you best start setting aside that money as if you were paying rent.

Learning to live on a realistic disposable income is how you'll make the transition to independence viable.

When should you start setting aside your rent money?

The minute you're working full time (even if that's three part-time jobs), you should be contributing to the household so you learn what real life costs.

Or you should be setting aside that money for the future if your parents adamantly refuse to take it. The point is to live as if you'd spent that money on rent.

I'll take Canadian contestants for \$400

JEOPARDY!

Victor Ferreira's spot on quiz show a dream come true

There's never been anything trivial about Victor Ferreira's Jeopardy! obsession.

When his family immigrated to Cambridge, Ont., from the Azores, a 3-year-old Ferreira had access to only a few channels. And amid screenings of Beetlejuice and The Price is Right, the precocious toddler who spoke only Portuguese became weirdly fixated on this blue-hued quiz-show and its demanding esoterica.

"I understood, like, none of it," Ferreira recalled. "But it was a little world I could uncover."

And the rewards for Ferreira's Jeopardy! zealotry really haven't ceased since: the show helped him learn English, then led to his adolescent adoration for Reach for the Top, and, finally, to the show's sparkling Culver City, Calif., studio and a meeting with Alex Trebek.

This Friday, Ferreira will finally compete on Jeopardy! after years

of trying. And he so happens to be appearing just after the show announced that Canadians are no longer able to apply due to online privacy laws — so he could be one of the last Canucks quizzing.

"After watching the show for so long and dreaming of being on it, it's surreal," Ferreira said. "You're stepping into a real-life dream."

Ferreira grew up in a "very humble" household, the youngest of three siblings all a decade-plus older ("I was a mistake baby"). His parents had elementary-school educations and worked long hours to provide, his dad as a construction worker, his mother as a nanny, until debilitating osteoarthritis forced her into retirement.

It didn't take long for his siblings to realize Victor was different.

"From two years old, he always wanted to get into conversations with the grown-ups," remembered his brother Rui.

"He always had a lot of questions," agreed his sister, Natercia Hennessey. "I'm so happy that we have Google now, but back then we didn't. The only way I could fuel his mind was to get him a library card."

After a distinguished high



Ferreira will likely be among the last Canadians to appear on Jeopardy!. TORSTAR NEWS SERVICE

school stint, Ferreira was accepted to McMaster for health sciences, thus becoming the first person in his family to go to university. He eventually achieved a PhD in medical sciences and now works as a researcher at the University Health Network.

He's been trying to get on Jeopardy! for years, including a near-Trebek experience in 2011 when he passed the first stage of screening. He learned just before

Christmas that he was successful this time, and immediately began training with the sort of rabid rigour usually reserved for boxing-movie montages.

His specialties are science and pop culture, so he focused on his weaknesses, including poetry and Civil War minutiae. He downloaded his own buzzer sounds, staged trial games against friends, and practised his clicker timing by watching

Jeopardy! with a yellow highlighter in hand.

He shot his show on Jan. 27, journeying with his girlfriend to California for the first time. The next day was his 30th birthday, which they celebrated playing in the waves of Venice Beach, left alone in the 22 C mildness.

He can't talk about the outcome, but he delighted in meeting Trebek. He had heard the host could be a "little cranky"

but instead found him generously open, game to chat about the Azores and joke about the American-centric questions.

As far as how Ferreira felt stepping onstage? We'll take "unbelievably nervous" for \$1,000, Alex.

"On a scale from one to 10, I was a 15," he said. "You just hope you don't make a total ass of yourself on TV."

Well, his family would have been proud no matter the outcome. His siblings — two of whom work at a Denso manufacturing plant in Guelph, another at an ONroute in Cambridge — speak glowingly of their baby brother. Hennessey recalls filming Victor's high school graduation, where he was valedictorian, and ruining the audio. "The whole thing, all you can hear is me crying."

And of course, Ferreira's parents, who don't speak much English, are thrilled.

"They usually watch the Portuguese evening news, then turn over and watch Wheel of Fortune and Jeopardy! — two shows with the highest degree of difficulty for non-native speakers," he said. "They've been telling all their friends to tune in and watch."

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

High-octane tension in the ordinary moments

THE SHOW: *Togetherness*, Season 2, Episode 2 (HBO)
THE MOMENT: The Game

In a L.A. backyard, Tina (Amanda Peet), her sister Michelle (Melanie Lynskey), Michelle's husband Brett (Mark Duplass), Brett's best friend Alex (Steve Zissis) and Alex's new girlfriend Christy (Ginger Gonzaga) play a party game: Someone names a movie, the next person names a star from it. Simple? Hah.

In season one, Tina rejected Alex. Now he's successful, and Tina's jealous of Christy, who's young and hot. Christy is onto Tina. So when Tina screws up the game, Christy humiliates her by condescending to her. "You can reject a clue if it's too hard," he says, as if to a child. She offers to switch seats, "so it will be easier for you."

"You don't have to change the rules for me," Tina says, eyeballing her. "I'm a big girl."

For four minutes (!) the tension escalates. The players squirm.

This show, created by Duplass, Zissis, and Duplass's brother Jay (who co-stars on



Peet stars in the Duplass brothers' HBO series *Togetherness*. CONTRIBUTED

Transparent), is so good it makes me mad. I'm irked that I'm not pals with the Duplasses and their gang of creatives. I'd voluntarily hold their boom, and I hate holding things over my head. I can barely change my shower curtain.

The whole season shines. Peet and Lynskey are especially moving. And anyone who doubts that drama can be wrung from

seemingly ordinary moments should study the end of this scene, as Tina and Christy bet on whether Jennifer Grey costarred in Ferris Bueller's Day Off. It's like the car chase in *The French Connection*, but on lawn chairs.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Lionel Messi scored twice in a 4-0 win over Eibar as FC Barcelona ran its unbeaten run to 36 games in all competitions



The Jets' Mathieu Perreault battles with the Oilers' Adam Clendening for the puck as goalie Cam Talbot looks on Sunday.

TREVOR HAGAN/THE CANADIAN PRESS

Oilers use Talbot's 39 saves to fell Jets

NHL

Korpikoski scores winning goal late in second period

Lauri Korpikoski's go-ahead goal late in the second period proved to be the game-winner and Cam Talbot made 39 saves as the Edmonton Oilers edged the Winnipeg Jets 2-1 on Sunday night.

Patrick Maroon also scored for Edmonton (26-35-7). Winnipeg (27-33-5) got its lone goal from Mark Scheifele, who con-

SUNDAY In Winnipeg



tinued his torrid scoring pace with his 21st.

The Oilers moved out of the basement in the Western Conference ahead of Calgary and are tied with the Jets with 59 points.

Talbot made a sprawling glove save midway through the third period to retain the lead and earn his 16th win of the season. Ondrej Pavelec picked up

his 10th loss after allowing two goals on 31 shots.

Connor McDavid had the best chance of a scoreless first period, accepting a breakout pass from fellow former No. 1 overall pick Nail Yakupov to put him in alone on Pavelec. The Jets goaltender was up to the task, getting his glove hand on McDavid's deke attempt to keep the game scoreless five minutes in.

Edmonton prevailed first early in the second period. Taylor Hall, working behind the goal-line in Winnipeg's zone, found Maroon on Pavelec's doorstep and Maroon fired home his sixth of the season for the 1-0 lead at 5:25.

The lead was short-lived, however, as Scheifele tied it with his ninth goal in his last nine games 51 seconds after Maroon scored.

Blake Wheeler, who streaked down the right side and found Scheifele sitting alone in the slot for his sixth goal in the last three games, set up the goal.

The Oilers scored the eventual game-winner before the period was through.

Andrej Sekera made a slick move to funnel down toward the Winnipeg goal and found Korpikoski, who on one knee jammed home a loose puck in the slot for the 2-1 lead at 16:20.

THE CANADIAN PRESS

Winnipeg scores Heritage Classic host gig

Manitoba hockey fans will get to watch legend Wayne Gretzky and rising star Connor McDavid play outdoor games next October.

On Sunday, the NHL announced the Winnipeg Jets will host McDavid and the Edmonton Oilers in the 2016 Tim Hortons Heritage Classic on Oct. 23 at Investors Group Field. The Heritage Classic returns to the regular-season

schedule after games in 2014 in Vancouver, 2011 in Calgary and 2003 in Edmonton.

The day before, a legends game will feature Gretzky as the Oilers captain and Dale Hawerchuk his counterpart for the original Jets team.

"We're not as good as we used to be, but it'll be a lot of fun," Gretzky said with a smile.

"I think the alumni game, it would be pretty cool to see the

32,000

Winnipeg's Investors Group Field will host just over 32,000 fans for the Heritage Classic.

two historic franchises going together like that," McDavid said prior to Edmonton's game

Sunday night against the Jets.

Winnipeg will play outdoors for the first time. Edmonton will head outside for a second occasion but first since hosting the initial NHL regular-season outdoor contest at Commonwealth Stadium in 2003.

Edmonton and Winnipeg came into the NHL from the World Hockey Association as part of a four-team expansion in 1979. THE CANADIAN PRESS

NFL

Manning retiring after 18 seasons

Peyton Manning surveyed the landscape of his brilliant career and called one last audible. He's retiring a champion.

A month after Denver's triumph in Super Bowl 50, Manning informed John Elway he is following his lead and riding off into that orange sunset just like the Broncos' boss did 17 years ago after winning his second Super Bowl.

Just shy of 40, Manning will forgo \$19 million and a 19th season in the NFL, where he served as both a throwback and a transformer during a glittering career bookmarked by an unprecedented five MVP awards and dozens of passing records.



Peyton Manning GETTY IMAGES

"Peyton was a player that guys wanted to play with," Elway said. "That made us better as a team and I'm thrilled that we were able to win a championship in his final year."

The Broncos scheduled a news conference for 11 a.m. Monday. THE ASSOCIATED PRESS

NBA

Champs look like chumps vs. Lakers

Jordan Clarkson scored 25 points, D'Angelo Russell added 21 and the Los Angeles Lakers stunned the Golden State Warriors 112-95 on Sunday, handing the defending NBA champions just their sixth loss of the season, all on the road.

Kobe Bryant added 12 points in helping the Lakers earn one of the biggest upsets in NBA history and their biggest victory in a downtrodden farewell season for Bryant, who spent the fourth quarter on the bench resting his aching right shoulder.

Stephen Curry led the Warriors with 18 points on a day

+ RARE LOSS

The loss snapped Golden State's seven-game winning streak.

when they were awful offensively. Klay Thompson added 15 points, but the Splash Brothers were a combined 1-for-18 from three-point range. In all, the Warriors missed 26 of 30 attempts from long range.

Golden State fell to 55-6 and the Lakers improved to 13-51.

THE ASSOCIATED PRESS

IN BRIEF

Jacobs, Simmons go 3-0

In Draw 5 of the Tim Hortons Brier in Ottawa on Sunday night, Northern Ontario's Brad Jacobs defeated B.C.'s Jim Cotter 5-3, Newfoundland and Labrador's Brad Gushue beat Jamie Koe of Northwest Territories 6-3, Manitoba's Mike McEwen beat New Brunswick's Mike Kennedy 6-3 and Quebec's Jean-Michel Menard held off P.E.I.'s Adam Casey 4-2.

Jacobs and Canada's Pat Simmons were unbeaten teams at 3-0 and Alberta's Kevin Koe sat just behind at 2-1. THE CANADIAN PRESS

Report: Utley's two-game suspension has been lifted

After all that, Chase Utley is safe. The two-game suspension imposed on the Los Angeles Dodgers infielder after his hard takeout slide broke the leg of Mets shortstop Ruben Tejada in last year's playoffs has been dropped.

On Sunday, a person briefed on the decision told The Associated Press that Major League Baseball and the players' union had managed to reach an agreement that rescinded the ban.

THE ASSOCIATED PRESS

RECIPE Vegetarian Chickpea Chili



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Start your week off right with this hearty and healthy meatless chili. It makes enough that you can pack it up for tomorrow's lunch.

Ready in

Prep time: 5 minutes
Total time: 70 minutes

Serves 6

Ingredients

- 2 Tbsp olive oil
- 4 cloves garlic, minced
- 1 medium yellow onion, chopped
- 1 large carrot, chopped
- 1 stalk celery, chopped
- 1 medium green bell pepper, cored, seeded and chopped
- 1 tsp dried oregano
- 2 tsp ground cumin
- 2 Tbsp chili powder
- 1/4 tsp cinnamon
- 1 1/2 tsp salt
- 1 28-oz can diced tomatoes
- 4 cups water

- 1 cup pearl barley
 - 1 can chickpeas, drained and rinsed (16 oz)
 - 1 can black beans, drained and rinsed (16 oz)
- Garnish:** Grated cheddar, sour cream, chopped cilantro

Directions

1. Heat oil in a large pot over medium heat. Add garlic, onion, carrot, celery and pepper and cook for 10 minutes, or until vegetables are softened, not browned.
2. Add oregano, cumin, chili powder, cinnamon and salt and stir to blend.
3. Add tomatoes and 4 cups of water. Stir in barley. Gently simmer over low heat, uncovered, for 45 minutes.
4. Add chickpeas and black beans. Allow to simmer for another 10 minutes.
5. Serve with grated cheddar, sour cream and fresh, chopped cilantro.

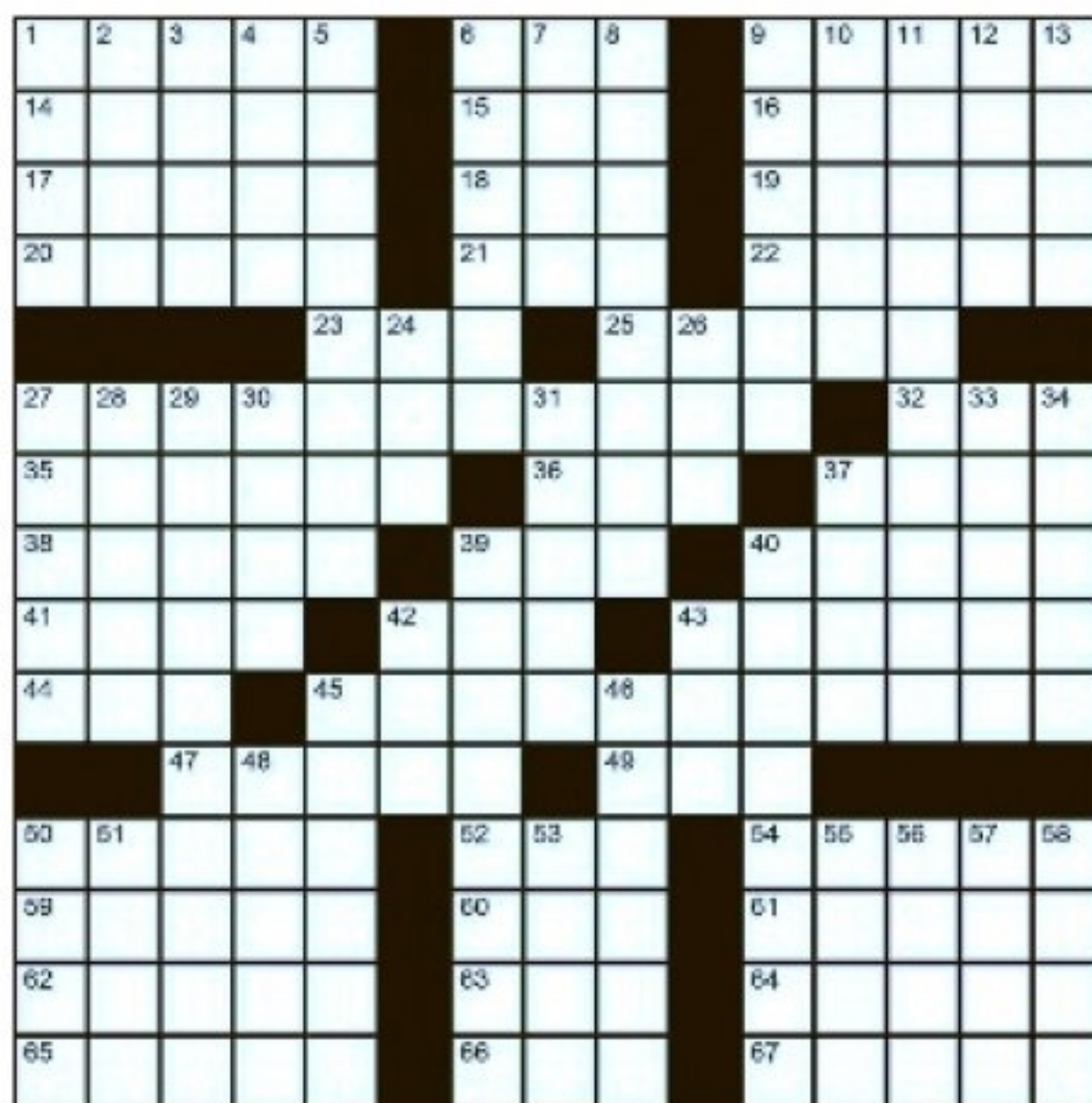
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Some bananas
6. Friend
9. Prepare, with a skillet: 2 wds.
14. It could be stuffed
15. __ roll
16. Christopher of "Somewhere in Time" (1980)
17. Armada
18. AC/DC song
19. Scarlett O'Hara's mother
20. Flora and __
21. Luau dish
22. Paul Bettany's role in "The Da Vinci Code" (2006)
23. Pressure meas.
25. So much, in music
27. Canadian Army's polar bear mascot who lives at the Toronto Zoo: 2 wds.
32. Post-WWII female mil. aviators group
35. Restaurant
36. Insert
37. __ do (This will suffice)
38. Shows show-er: 2 wds.
39. Grand-__ Nova Scotia
40. La __ (Milan opera house)
41. Back
42. Billy __ Williams
43. Highest points
44. Chicago's state [abbr.]
45. Place to play hockey on a winter's day: 2 wds.



47. Leader
49. Cheese from Quebec
50. River of Paris
52. Stealth bird
54. Icky-sound-ing plant
59. Molten rock
60. Corpor-

- ate exec.
61. Sing like Michael Buble
62. Movie theatre attendant
63. Canadian hockey legend Mr. Dryden
64. Shoe lace tip
65. Estelle of "The

- Golden Girls"
66. Film studio, DreamWorks ___
67. Wants

DOWN

1. Politely tip one's hat
2. Earthen stew-

- ing pot
3. Stead
4. Level
5. Select/single out: 2 wds.
6. Deep-dish meal
7. __ Domini
8. Freedom from constraint

9. San Joaquin Valley city in California
10. Illuminated the candle again
11. 'Big' transport in a Joni Mitchell hit: 2 wds.
12. Eye part
13. Writes
24. Swine dwelling
26. Furthermore...
27. Agar-hold-ing dish
28. Disentangle
29. "Nighttime/Anytime (___)" by Canadian band Constantines
30. Sharply turn
31. Canadian actor Mr. Keeso
33. Tim of "Home Improvement"
34. Prohibition Era bottle
37. Froster
39. 1970s fads: 2 wds.
40. Graffiti artist's tool: 2 wds.
42. Scheduled
43. Perfect
45. Headline-making Mrs. in 1871 Chicago history
46. Tea type
48. Not fulfilled, as expectations
50. Conceited
51. Slacken
53. Month segment
55. Advocate
56. Mr. Porter
57. Type of student
58. Sidewalk 'hill' creators

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Keep your eyes peeled and you'll spot an opportunity to make a name for yourself. Don't worry if you look pushy, worry only that you might miss your shot if you hesitate.

Taurus April 21 - May 21
Be precise in what you are trying to say. If you are vague with your words no one will know what it is you are trying to communicate and nothing will get done. Be blunt.

Gemini May 22 - June 21
Something will get under your skin today. It may be something interesting, it may even be something important, but don't shout and scream about it. This is something for you alone to investigate and make use of.

Cancer June 22 - July 23
You're in an adventurous mood and will want to explore further afield than usual. Just be careful you don't stray into areas where you do not know your way around. And always be aware of the quickest route out!

Leo July 24 - Aug. 23
You may be your usual energetic self but don't expect others to be as motivated as you. Not everyone shares your passion and this could be one of those days when it is better to do things yourself.

Virgo Aug. 24 - Sept. 23
Whatever you turn your hand to today it will work out better than you expected, even if it is the kind of thing you have never done before.

Libra Sept. 24 - Oct. 23
There is a danger today that you will try to prove yourself by doing too much. Libra is a cardinal sign, which means you like to take the lead, but make sure you know where you are going before you set out.

Scorpio Oct. 24 - Nov. 22
You can be too hard on yourself, especially when you fail to live up to the impossibly high standards you try to live by. You must be more forgiving today. You're only human.

Sagittarius Nov. 23 - Dec. 21
Someone will get a tongue-lashing today, and no doubt they deserve it, but later you may wish you had not been quite so scathing. Let them know you don't hold a grudge.

Capricorn Dec. 22 - Jan. 20
For quite some time now someone has been trying to let you know that they see you as more than just a friend or colleague. But do you feel the same way about them? You will have to decide and let them know.

Aquarius Jan. 21 - Feb. 19
The best, and maybe only, way to get results is to transform your current situation. Drastic changes will be made but, having made them, your life will be better — not the same.

Pisces Feb. 20 - March 20
Nothing is impossible for you now. You can move mountains if you so choose. A more productive aim might be to bring together people in pursuit of a common aim.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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			5	2	7	4	1	
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4	6	1	3	8	5	9	2	7
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3	5	9	2	1	4	8	7	6
6	8	4	5	3	7	2	9	1
7	9	3	1	2	8	5	6	4
5	1	2	4	6	9	7	8	3

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MIND PRICE **\$4,949**



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STK#70530415

PEACE OF
MIND PRICE **\$5,170**



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STK#1M539585

PEACE OF
MIND PRICE **\$5,490**



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STK#03W522773

PEACE OF
MIND PRICE **\$5,569**



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